

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

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B138 – CORNMEAL, DEGERMED, ENRICHED, YELLOW, 5 LB

CATEGORY	<ul style="list-style-type: none"> Grains/Breads
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Yellow cornmeal with most of the germ and bran removed during milling, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	<ul style="list-style-type: none"> 8/5 lb bags. One 5 lb bag AP yields about 15 cups dry cornmeal OR about 63¼ cups cooked cornmeal and provides about 253.5 ¼-cup servings cooked cornmeal OR 126.5 ½-cup servings cooked cornmeal OR 84.5 ¾-cup servings cooked cornmeal. One lb AP yields about 3 cups dry cornmeal OR about 12¾ cups cooked cornmeal and provides about 50.7 ¼-cup servings cooked cornmeal OR 25.3 ½-cup servings cooked cornmeal OR 16.9 ¾-cup servings cooked cornmeal. CN Crediting: ¼ cup cooked cornmeal provides ¼ cup cooked cereal grain OR ½ cup cooked cornmeal provides ½ cup cooked cereal grain OR ¾ cup cooked cornmeal provides ¾ cup cooked cereal grain.
STORAGE	<ul style="list-style-type: none"> Store cornmeal off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%). If ideal storage conditions are not available, store cornmeal under refrigeration. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Cornmeal, degermed, enriched, yellow

	¼ cup, dry (40 g)	1 cup, dry (159 g)
Calories	147	587
Protein	2.88 g	11.53 g
Carbohydrate	31.46 g	125.85 g
Dietary Fiber	1.6 g	6.4 g
Sugars	0.66 g	2.64 g
Total Fat	0.71 g	2.85 g
Saturated Fat	0.08 g	0.31 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.72 mg	6.87 mg
Calcium	1 mg	5 mg
Sodium	3 mg	11 mg
Magnesium	14 mg	56 mg
Potassium	60 mg	242 mg
Vitamin A	85 IU	340 IU
Vitamin A	4 RAE	17 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.06 mg	0.25 mg



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PREPARATION/ COOKING INSTRUCTIONS	<ul style="list-style-type: none">• Use as directed in recipes.
USES AND TIPS	<ul style="list-style-type: none">• Cornmeal may be the principle ingredient in cornbread, spoonbread, rolls, muffins, or dumplings.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.

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